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## YOUR RETAINERS

***Congratulations!*** It's over! They're off! But (there's always a but) you're not finished. Only the first part is over – moving the teeth. Now comes the second part – holding the teeth in the position we've moved them. We have to prevent them from moving back!!! We can also make minor movements of the teeth and close small spaces. To do this we use a retainer. Wearing your retainer is as important as the first part of treatment.

Your retainers are removable ones. It's important to wear them all the time. Only take them out when brushing your teeth, eating, playing active sports or swimming. When brushing your teeth, brush your retainers too – particularly the side against your gums.

During the first few days you may find that your speech is awkward, you salivate more than normal and there is some discomfort. Within 2-3 days things usually return to normal. If the retainers have a funny taste, soak them in mouthwash for a couple of hours. If there is discomfort, rinse your mouth with warm saltwater and/or take Advil or Tylenol. The retainers will usually loosen within a couple of days as long as you wear them as directed. If there are any localized sore spots after 2-3 days, call us for an appointment.

- Brush your retainers in COLD or WARM water (they will distort in hot water!)
- DO NOT boil them to “sterilize” them
- You can use denture cleaner if you wish – brushing them with toothpaste is best
- Stay away from gum or other sticky foods when wearing your retainers
- If they become loose or break, make an appointment as soon as possible
- DO NOT keep them in a napkin or you will lose them! Use the retainer case!
- Keep them away from pets! Dogs love to chew them.

Your visits will generally be:

Six weeks after placement of the retainers

Three months later

Six month intervals thereafter

**When should you wear your retainers: EVERY NIGHT!**

Should it be necessary to replace a lost or broken retainer, there will be an additional charge.